



## HotShots Youth Sports Game Rules

HotShots Youth Sports utilizes playing rules approved by the National Federation of State High School Associations (NFHS). Rules books can be purchased at [www.nfhs.org](http://www.nfhs.org).

Exceptions to these rules are stated below.

### **RULES CHANGES FOR 2022-23**

The following rules changes/clarifications are in effect for all sessions. These changes will also be listed in the general rules below, indicated in **bold print**.

1. 3-5-4e (NEW): Head coverings worn for religious reasons shall not be made of abrasive or hard materials; and must fit securely so that it is highly unlikely to come off during play. No prior approval is required, but game officials may direct the player to leave the court if the head covering becomes unsecured.

In the event a player is required to wear a head with a covering or wrap for medical reasons, the head covering or wrap may not be abrasive, hard or dangerous to any other player and must be attached in such a way that it is highly unlikely to come off during play. A written statement from a medical physician must be submitted to, and approval received from the HotShots Youth Sports Program Director, before the player may participate with the head covering or wrap.

2. If a head coach or assistant coach receives a technical foul for unsporting behavior, the penalty shall consist of five (5) points being awarded to the opposing team, followed by a throw-in at the division line opposite the scorers table.

If a head coach or assistant coach receives two technical fouls in the same game, he/she shall be ejected from the game and required to leave the visual confines of the gymnasium. If he/she refuses to leave, the game official(s) shall end the game immediately.

Coaches must encourage good sportsmanship from supporters of their team. If the actions of a spectator are such that they constitute excessive unsporting behavior, the game official(s) may stop the game and ask the head coach(es) to remove the spectator from the visual confines of the gymnasium. If the ejected spectator refuses to leave, the game official(s) shall end the game immediately.

Any head coach, assistant coach, or spectator who is ejected from any game will not be allowed to attend the team's next game. If he/she receives a second ejection during the school year (Sessions 1, 2, and/or 3), he/she will not be allowed to attend any game for the remainder of that school year.

3. Games are played with two (2) twenty-minute halves, running time. The clock will stop for all timeouts, and will not be stopped for substitutions or matching players. During the last two (2) minutes of the second half only the clock will stop for all whistles by an official.

## **Game Management**

**SCORE SHEETS:** Coaches are responsible for supplying score sheets and a scorekeeper at each game. Score sheets can be printed from the HotShots website. The scorekeeper will also be asked to keep time, keep the possession arrow, or both. Coaches should instruct the scorekeeper on their duties.

For game management purposes, the scorekeeper must not be someone who also serves as the head coach or assistant coach. No person other than a team's designated scorekeeper shall be seated at or near the scorers table.

**COACHES:** Only the head coach may stand during the game, request a timeout, or address the officials. If a team has multiple head coaches, only one will be designated as the head coach for the game, with the other designated as an assistant coach. The head coach should be seated or standing in front of the bench and not roam near the scorers table so that officials have an unobstructed view of the table. Officials will ensure that the bench area is a reasonable distance from the scorers table. The head coach should follow the direction of the officials regarding this reasonable distance.

All coaches should use good sportsmanship at all times. Coaches should never use profanity in any gym, nor argue or make calls from the sideline. Coaches should be respectful towards officials at all times. The use of profanity by a coach to an official will result in an automatic technical foul. Violation of any of the other above, or similar, actions by a coach will result in an official warning followed by a technical foul.

## **Game Equipment**

1. Youth/Junior 27.5" basketballs will be used for grades 1-4. Women's/Intermediate 28.5" basketball will be used for grades 5-6.
2. All grade levels play on standard 10' baskets.

## **Substitutes and Starters**

1. Unlimited substitution is allowed, however only during a dead ball after the whistle is blown. The substitute(s) must report to the scorers table and wait to be called into the game by the officials.
2. The substitute may only replace a free throw shooter after the final shot, if successful.
3. Coaches are urged to start different players throughout the season, passing that "honor" to each player, perhaps as a reward for paying attention and hard work at practice.

## **Players and Equipment**

1. Only players officially registered with HotShots are allowed in league practices and games. Coaches who permit an unregistered player to participate are subject to suspension or dismissal.
2. Only HotShots league shirts are permitted in league games. The referee has the authority to deny participation to any player who is not wearing their league shirt. Exceptions may be made for a forgotten shirt.
3. Coaches need to strive towards playing each player a minimum of 1/2 of every game. Exceptions are allowed for disciplinary reasons, however approval by the HotShots Program Director must be obtained for continuing adjustment of a specific player's playing time.
4. Player behavior at games/practices must be supervised and controlled by their coach.
5. No jewelry is allowed during practices or games. Ear rings, nose rings, etc. must be removed completely. Taping over jewelry is prohibited. A player will not be allowed to enter the game until such items are removed. Religious and medical alert items may be worn when taped underneath the jersey to prevent injury.
6. **Head coverings worn for religious reasons shall not be made of abrasive or hard materials; and must fit securely so that it is highly unlikely to come off during play. No**

prior approval is required, but game officials may direct the player to leave the court if the head covering becomes unsecured.

In the event a player is required to wear a head with a covering or wrap for medical reasons, the head covering or wrap may not be abrasive, hard or dangerous to any other player and must be attached in such a way that it is highly unlikely to come off during play. A written statement from a medical physician must be submitted to, and approval received from the HotShots Youth Sports Program Director, before the player may participate with the head covering or wrap.

### Timing Regulations

1. Games are played with two (2) twenty-minute halves, running time. The clock will stop for all timeouts. and will not be stopped for substitutions or matching players. During the last two (2) minutes of the second half only the clock will stop for all whistles by an official.
2. Games must begin on time and will have a time limit of 55 minutes. No timeouts will be granted in the last two minutes of the game if doing so will cause the game to exceed the 55-minute limit. The officials have the authority to make any necessary adjustments in order to reach the 55-minute limit.
3. No overtime play is allowed. Games may end in a tie.
4. Halftime intermission shall be three (3) minutes.
5. Teams are allowed two (2) 60-second and one (1) 30-second timeout per game. Additional timeout requests will be charged as a technical foul to the head coach. Timeouts may be requested only by the head coach or a player legally on the court. Timeouts are not in effect until granted by an official.
6. The ball must cross the division line into the front court within 10 seconds.
7. A player must complete a throw-in within 5 seconds. If there is not ample space outside the sidelines, the official will instruct defenders to remain 2 feet away from the sideline.

### Alternating Possession

After the initial jump ball to start the game, all held ball situations will follow the alternating possession procedure. The possession arrow shall point toward the basket of the team entitled to the next alternating possession throw-in.

### Free Throw Line

Grades 1-2	10 feet (bottom of circle)
Grades 3-4	12 feet
Grades 5-6	15 feet (standard free throw line)

### Free Throws

1. A free throw shooter may inadvertently cross the free throw line before the ball hits the ring, so long as he/she does not gain an advantage. This ruling will be made at the discretion of the officials, based on grade and skill level of the teams. Players not in a marked lane space may not cross the 3-point line or free throw line extended until the ball has touched the rim.
2. A violation will be called against the offensive team if the ball does not touch the rim during the final free throw, and no additional free throw will be granted

### Fouls

Bonus: Beginning with the 7th team foul in a half, common fouls will be penalized by shooting a one-and-one bonus. If the first shot is missed, play will continue and a second shot will not be granted.

Double Bonus: Beginning with the 10th team foul in a half, common fouls will be penalized by shooting two free throws.

Intentional Foul: Contact deemed excessive or without a legitimate attempt to play the ball. Intentional fouls are penalized by awarding two free throws to the offended player (regardless of whether a shot was attempted), plus a throw-in nearest where the foul occurred.

Technical Fouls: All technical fouls charged to a player, coach, or bench personnel are penalized by awarding **five(5) points to the offended team** and a throw-in by the offended team at the division line opposite the scorers table. Technical fouls charged to a player, coach, or bench personnel will count towards a player's foul count as well as the team foul count for the half in which it occurred.

Reasons for a technical foul to be ruled include, but are not limited to, the following:

- Poor sportsmanship by players, coaches, or spectators.
- Unnecessary roughness
- Profanity
- Delay of game (after one warning)
- Requesting too many timeouts

A second unsporting technical foul on a player will result in disqualification from the game. The disqualified player must remain on the team bench.

**If a head coach or assistant coach receives a technical foul for unsporting behavior, the penalty shall consist of five (5) points being awarded to the opposing team, followed by a throw-in at the division line opposite the scorers table.**

**If a head coach or assistant coach receives two technical fouls in the same game, he/she shall be ejected from the game and required to leave the visual confines of the gymnasium. If he/she refuses to leave, the game official(s) shall end the game immediately.**

**Coaches must encourage good sportsmanship from supporters of their team. If the actions of a spectator are such that they constitute excessive unsporting behavior, the game official(s) may stop the game and ask the head coach(es) to remove the spectator from the visual confines of the gymnasium. If the ejected spectator refuses to leave, the game official(s) shall end the game immediately.**

**Any head coach, assistant coach, or spectator who is ejected from any game will not be allowed to attend the team's next game. If he/she receives a second ejection during the school year (Sessions 1, 2, and/or 3), he/she will not be allowed to attend any game for the remainder of that school year.**

If the conduct of coaches, players, or spectators becomes so unruly as to make it difficult to reasonably regain control of the game, the officials may end the game with the score as it stands.

Flagrant Fouls: A flagrant foul disqualifies a player from the game.

#### **Violations**

3 seconds in the lane: Grades 1-2  
Grades 3-4  
Grades 5-6

No violation will be assessed.  
Violation after 5 seconds in the lane. One warning per half.  
Violation after 3 seconds. No warnings.

Backcourt: Front court status is established when both feet of the ball handler and the ball (while dribbling) have completely crossed the division line. After front court status has been established, neither the ball nor a player holding or dribbling the ball may return to the backcourt while his/her team retains control, unless the ball was last touched by a player of the opposing team which caused the ball to return to the backcourt. Backcourt violations will not be called for grades 1 & 2.

### **Defense**

A five-second closely guarded count will not be used in HotShots at any grade level. Basic defensive moves such as switching and sliding through are allowed. Switching defenders is not the same as a double team. For clarification, a double team includes any defense of multiple players against one offensive player (ie, triple team, quadruple team, etc.)

Zone defense is not allowed. Teams must use man-to-man defense only. The judgment of the officials will determine whether or not a zone defense is being used.

Grades 1-2: -Double teams are allowed in the lane only.  
-No backcourt defense is allowed.

*(Unlimited warnings)*

Grades 3-5: -Double teams are allowed below the free throw line extended only.  
-No backcourt defense is allowed.

*(Two warnings for each violation, followed by technical foul charged to head coach)*

Grade 6: -Zone defense is not allowed at any time.  
-Backcourt defense is allowed until a team is ahead by 10 points or more, after which that team may no longer play defense in the backcourt.  
-Double teams are allowed anywhere on the court. except when a team is ahead by 10 points or more as stated above.

*(One warning for each violation, followed by a technical foul charged to the head coach)*

### **Illegal Offense**

An offense which is designed to intentionally pull offensive players out of play (such as four corners) is illegal. HotShots' philosophy is to include ALL players at all times. First violation: Loss of possession. Any points scored will be disallowed. Each subsequent violation: technical foul charged to the head coach.

### **Gym Use Guidelines**

We are guests of the Vancouver and Evergreen School Districts and it is critical that we work together to follow gym use policies.

1. It is against school district policy to consume food and beverage (with the exception of water) inside the gymnasium. Please distribute and consume treats outside and keep water bottles tucked safely away.
2. Smoking anywhere on school property, including parking lots, is prohibited by law.
3. Classrooms, hallways, and other parts of the buildings are off limits. Coaches must assist in supervising their players and spectators.
4. Parents must closely supervise their children at practice and game sites. Parents may be charged for fees incurred from children defacing school property or pulling fire alarms.
5. Vancouver School District prohibits exterior doors from being propped open, and they must remain locked at all times. Please assign someone to wait near the door to let players and spectators in.
6. If your game is the final game of the day at that particular game site, both teams must stack chairs on available carts before leaving.